

Mondays to Fridays

Upminster Station	0611	0626
Hornchurch Garage	0612	0618	0622	0623	0624	0628	0631	0633
Romford Station	0618	0624	0628	0629	0632	0634	0637	0639
Romford Golden Lion	0623	0627	0631	0634	0635	0637	0642	0646
Chadwell Heath Coopers Arms	+	0601	...	+	0621	+	0631	+	0645	...	0652
Seven Kings Garage	0607	0627	0637	...	0642	0646	...	0652	...	0701
Ilford Broadway	0530	G	0553	G	0614	0623	G	0634	0644	...	0649	0653	...	0659	...	0705	0709
Forest Gate Green Street	0540	0553	0603	0613	0623	0633	0638	0643	0653	...	0658	0702	...	0708	...	0714	0718
Stratford Broadway	0546	0559	0609	0619	0629	0639	0644	0649	0659	...	0705	0709	...	0715	...	0721	0725
Bromley-by-Bow Seven Stars	0553	0604	0616	0626	0636	0646	0651	0656	0706	...	0712	0716	...	0722	...	0728	0732
Limehouse Eastern Hotel	0602	0615	0625	0635	0645	0655	...	0705	0715	...	0725	0737

Upminster Station	0634	0646	0657	0708	0718	0851	0900	0912
Hornchurch Garage	0647	0657	0708	0719	0729	0902	0911	0923
Romford Station	0653	0703	0714	0725	0735	0908	0917	0929
Romford Golden Lion	0654	0701	0706	0717	0728	0911	0920	0932
Chadwell Heath Coopers Arms	0701	0712	0721	0732	0743	0916	0921	0931
Seven Kings Garage	0707	0717	0727	0738	0749	0922	0927	0936
Ilford Broadway	0715	0725	0735	0746	0757	0930	0935	0945
Forest Gate Green Street	0724	0734	0744	0755	0806	0939	0944	0954
Stratford Broadway	0731	0741	0751	0802	0813	0946	0951	1001
Bromley-by-Bow Seven Stars	0738	0748	0758	0809	0820	0953	0958	1008
Limehouse Eastern Hotel	0747	0757	0807	0818	0829	1002	1011	1017

Upminster Station	0924	0931	0939	0954	1001	1009	1020	1026	1029	1039	1045	1101	1109	1116	1123	1130	1137	1144	1151	1158	1205	1212	1219	1226	1233	1240	1247	1254	1301	1308	1315	1322	1329	1336	1343	1350	1357	1404	1411	1418	1425	1432	1439	1446	1453	1500	1507	1514	1521	1528	1535	1542	1549	1556	1603	1610	1617	1624	1631	1638	1645	1652	1659	1706	1713	1720	1727	1734	1741	1748	1755	1802	1809	1816	1823	1830	1837	1844	1851	1858	1905	1912	1919	1926	1933	1940	1947	1954	2001	2008	2015	2022	2029	2036	2043	2050	2057	2104	2111	2118	2125	2132	2139	2146	2153	2200	2207	2214	2221	2228	2235	2242	2249	2256	2303	2310	2317	2324	2331	2338	2345	2352	2359	2406	2413	2420	2427	2434	2441	2448	2455	2502	2509	2516	2523	2530	2537	2544	2551	2558	2605	2612	2619	2626	2633	2640	2647	2654	2701	2708	2715	2722	2729	2736	2743	2750	2757	2804	2811	2818	2825	2832	2839	2846	2853	2900	2907	2914	2921	2928	2935	2942	2949	2956	3003	3010	3017	3024	3031	3038	3045	3052	3059	3106	3113	3120	3127	3134	3141	3148	3155	3202	3209	3216	3223	3230	3237	3244	3251	3258	3305	3312	3319	3326	3333	3340	3347	3354	3401	3408	3415	3422	3429	3436	3443	3450	3457	3504	3511	3518	3525	3532	3539	3546	3553	3600	3607	3614	3621	3628	3635	3642	3649	3656	3703	3710	3717	3724	3731	3738	3745	3752	3759	3806	3813	3820	3827	3834	3841	3848	3855	3902	3909	3916	3923	3930	3937	3944	3951	3958	4005	4012	4019	4026	4033	4040	4047	4054	4101	4108	4115	4122	4129	4136	4143	4150	4157	4204	4211	4218	4225	4232	4239	4246	4253	4300	4307	4314	4321	4328	4335	4342	4349	4356	4403	4410	4417	4424	4431	4438	4445	4452	4459	4506	4513	4520	4527	4534	4541	4548	4555	4602	4609	4616	4623	4630	4637	4644	4651	4658	4705	4712	4719	4726	4733	4740	4747	4754	4801	4808	4815	4822	4829	4836	4843	4850	4857	4904	4911	4918	4925	4932	4939	4946	4953	5000	5007	5014	5021	5028	5035	5042	5049	5056	5103	5110	5117	5124	5131	5138	5145	5152	5159	5206	5213	5220	5227	5234	5241	5248	5255	5302	5309	5316	5323	5330	5337	5344	5351	5358	5405	5412	5419	5426	5433	5440	5447	5454	5501	5508	5515	5522	5529	5536	5543	5550	5557	5604	5611	5618	5625	5632	5639	5646	5653	5700	5707	5714	5721	5728	5735	5742	5749	5756	5803	5810	5817	5824	5831	5838	5845	5852	5859	5906	5913	5920	5927	5934	5941	5948	5955	6002	6009	6016	6023	6030	6037	6044	6051	6058	6105	6112	6119	6126	6133	6140	6147	6154	6201	6208	6215	6222	6229	6236	6243	6250	6257	6304	6311	6318	6325	6332	6339	6346	6353	6400	6407	6414	6421	6428	6435	6442	6449	6456	6503	6510	6517	6524	6531	6538	6545	6552	6600	6607	6614	6621	6628	6635	6642	6649	6656	6703	6710	6717	6724	6731	6738	6745	6752	6759	6806	6813	6820	6827	6834	6841	6848	6855	6902	6909	6916	6923	6930	6937	6944	6951	6958	7005	7012	7019	7026	7033	7040	7047	7054	7101	7108	7115	7122	7129	7136	7143	7150	7157	7204	7211	7218	7225	7232	7239	7246	7253	7300	7307	7314	7321	7328	7335	7342	7349	7356	7403	7410	7417	7424	7431	7438	7445	7452	7459	7506	7513	7520	7527	7534	7541	7548	7555	7602	7609	7616	7623	7630	7637	7644	7651	7658	7705	7712	7719	7726	7733	7740	7747	7754	7801	7808	7815	7822	7829	7836	7843	7850	7857	7904	7911	7918	7925	7932	7939	7946	7953	8000	8007	8014	8021	8028	8035	8042	8049	8056	8103	8110	8117	8124	8131	8138	8145	8152	8159	8206	8213	8220	8227	8234	8241	8248	8255	8302	8309	8316	8323	8330	8337	8344	8351	8358	8405	8412	8419	8426	8433	8440	8447	8454	8501	8508	8515	8522	8529	8536	8543	8550	8557	8604	8611	8618	8625	8632	8639	8646	8653	8700	8707	8714	8721	8728	8735	8742	8749	8756	8803	8810	8817	8824	8831	8838	8845	8852	8859	8906	8913	8920	8927	8934	8941	8948	8955	9002	9009	9016	9023	9030	9037	9044	9051	9058	9105	9112	9119	9126	9133	9140	9147	9154	9201	9208	9215	9222	9229	9236	9243	9250	9257	9304	9311	9318	9325	9332	9339	9346	9353	9400	9407	9414	9421	9428	9435	9442	9449	9456	9503	9510	9517	9524	9531	9538	9545	9552	9600	9607	9614	9621	9628	9635	9642	9649	9656	9703	9710	9717	9724	9731	9738	9745	9752	9759	9806	9813	9820	9827	9834	9841	9848	9855	9902	9909	9916	9923	9930	9937	9944	9951	10000
Hornchurch Garage	0935	0942	0950	1005	1012	1020	1026	1029	1039	1045	1101	1109	1116	1123	1130	1137	1144	1151	1158	1205	1212	1219	1226	1233	1240	1247	1254	1301	1308	1315	1322	1329	1336	1343	1350	1357	1404	1411	1418	1425	1432	1439	1446	1453	1500	1507	1514	1521	1528	1535	1542	1549	1556	1603	1610	1617	1624	1631	1638	1645	1652	1659	1706	1713	1720	1727	1734	1741	1748	1755	1802	1809	1816	1823	1830	1837	1844	1851	1858	1905	1912	1919	1926	1933	1940	1947	1954	2001	2008	2015	2022	2029	2036	2043	2050	2057	2104	2111	2118	2125	2132	2139	2146	2153	2200	2207	2214	2221	2228	2235	2242	2249	2256	2303	2310	2317	2324	2331	2338	2345	2352	2359	2406	2413	2420	2427	2434	2441	2448	2455	2502	2509	2516	2523	2530	2537	2544	2551	2558	2605	2612	2619	2626	2633	2640	2647	2654	2701	2708	2715	2722	2729	2736	2743	2750	2757	2804	2811	2818	2825	2832	2839	2846	2853	2900	2907	2914	2921	2928	2935	2942	2949	2956	3003	3010	3017	3024	3031	3038	3045	3052	3059	3106	3113	3120	3127	3134	3141	3148	3155	3202	3209	3216	3223	3230	3237	3244	3251	3258	3305	3312	3319	3326	3333	3340	3347	3354	3401	3408	3415	3422	3429	3436	3443	3450	3457	3504	3511	3518	3525	3532	3539	3546	3553	3600	3607	3614	3621	3628	3635	3642	3649	3656	3703	3710	3717	3724	3731	3738	3745	3752	3759	3806	3813	3820	3827	3834	3841	3848	3855	3902	3909	3916	3923	3930	3937	3944	3951	3958	4005	4012	4019	4026	4033	4040	4047	4054	4101	4108	4115	4122	4129	4136	4143	4150	4157	4204	4211	4218	4225	4232	4239	4246	4253	4300	4307	4314	4321	4328	4335	4342	4349	4356	4403	4410	4417	4424	4431	4438	4445	4452	4459	4506	4513	4520	4527	4534	4541	4548	4555	4602	4609	4616	4623	4630	4637	4644	4651	4658	4705	4712	4719	4726	4733	4740	4747	4754	4801	4808	4815	4822	4829	4836	4843	4850	4857	4904	4911	4918	4925	4932	4939	4946	4953	5000	5007	5014	5021	5028	5035	5042	5049	5056	5103	5110	5117	5124	5131	5138	5145	5152	5159	5206	5213	5220	5227	5234	5241	5248	5255	5302	5309	5316	5323	5330	5337	5344	5351	5358	5405	5412	5419	5426	5433	5440	5447	5454	5501	5508	5515	5522	5529	5536	5543	5550	5557	5604	5611	5618	5625	5632	5639	5646	5653	5700	5707	5714	5721	5728	5735	5742	5749	5756	5803	5810	5817	5824	5831	5838	5845	5852	5859	5906	5913	5920	5927	5934	5941	5948	5955	6002	6009	6016	6023	6030	6037	6044	6051	6058	6105	6112	6119	6126	6133	6140	6147	6154	6201	6208	6215	6222	6229	6236	6243	6250	6257	6304	6311	6318	6325	6332	6339	6346	6353	6400	6407	6414	6421	6428	6435	6442	6449	6456	6503	6510	6517	6524	6531	6538	6545	6552	6600	6607	6614	6621	6628	6635	6642	6649	6656	6703	6710	6717	6724	6731	6738	6745	6752	6759	6806	6813	6820	6827	6834	6841	6848	6855	6902	6909	6916	6923	6930	6937	6944	6951	6958	7005	7012	7019	7026	7033	7040	7047	7054	7101	7108	7115	7122	7129	7136	7143	7150	7157	7204	7211	7218	7225	7232	7239	7246	7253	7300	7307	7314	7321	7328	7335	7342	7349	7356	7403	7410	7417	7424	7431	7438	7445	7452	7459	7506	7513	7520	7527	7534	7541	7548	7555	7602	7609	7616	7623	7630	7637	7644	7651	7658	7705	7712	7719	7726	7733	7740	7747	7754	7801	7808	7815	7822	7829	7836	7843	7850	7857	7904	7911	7918	7925	7932	7939																																																																																																																																																																															

Upminster Station	1509	1524	...	1539	1554	...	1609	...	1801			
Hornchurch Garage	1520	1535	...	1550	...	1556	...	1602	1605	1608	...	1620	...	1812		
Romford Station	1526	1541	...	1556	...	1602	...	1608	1611	1614	...	1626	...	1818		
Romford Golden Lion	1529	1544	...	1559	...	A1612	...	A1618	1614	A1624	...	1629	...	1821		
Chadwell Heath Coopers Arms	1539	...	†1546	...	1554	†1601	1609	†1616	...	1624	...	†1631	1639	★	†1827	1831
Seven Kings Garage	1545	...	1552	...	1600	1607	1615	1622	...	1630	...	1637	1645	...	1833	1837
Ilford Broadway	1553	G	1600	G	1608	1615	1623	G	...	G	1630	...	1638	...	1645	1653	1841	1845
Forest Gate Green Street	1602	G	1609	1613	1617	1624	1632	1634	...	1636	1639	...	1647	...	1654	1702	1850	1854
Stratford Broadway	1609	1612	1616	1620	1624	1631	1639	1641	...	1643	1644	...	1654	...	1701	1709	1857	1901
Bromley-by-Bow Seven Stars	§1614	1619	1623	§1627	§1631	1638	§1646	§1648	...	1650	1653	...	§1701	...	1707	§1714	1904	§1908
Limehouse Eastern Hotel	...	1628	1632	1647	1659	1702	1717	...	1913	...

Station	1811	1822	1832	1842	1853	1903	1913	1933	1942	1953	...
Upminster Station	1811	1822	1832	1842	1853	1903	1913	1933	1942	1953	...
Hornchurch Garage	1822	1833	1843	1853	1904	1914	1924	1944	1954	2004	...
Romford Station	1828	1838	1848	1858	1910	1920	1930	1950	2010	2032	...
Romford Golden Lion	1831	1841	1852	1913	1923	1933	1953	2013	2033	2045	...
Chadwell Heath Coopers Arms	1836	1849	1902	1912	1922	1932	1942	1952	2002	2012	...
Seven Kings Garage	1842	1847	1855	1908	1918	1928	1938	1948	1958	2008	...
Ilford Broadway	1850	1855	1903	1915	1925	1935	1945	1955	2005	2015	...
Forest Gate Green Street	1859	1864	1912	1924	1934	1944	1954	2004	2014	2024	...
Stratford Broadway	G	1910	1918	1930	1940	1950	2000	2010	2020	2030	...
Bromley-by-Bow Seven Stars	1917	1925	1937	1947	1957	2007	2017	2027	2037	2047	...
Limehouse Eastern Hotel	1924	1934	1944	1956	2006	2016	2026	2036	2046	2056	...

Then at these minutes past each hour

[illegible]

Over the section marked thus ★ buses run as follows: Upminster to Chadwell Heath 7-8 minutes (before 0930 and evening 15 minutes), Chadwell Heath to Bow 5-8 minutes.

[illegible]

Upminster Park Estate Waycross Rd	07:39	08:04	08:44	09:05	09:25	09:45	10:05	10:25	...	10:45	11:05	11:25	...	11:45	
Upminster Station	07:50	08:15	08:27	08:51	09:12	09:32	09:52	10:12	10:32	...	10:52	11:12	11:32	...	11:52
Hornchurch Garage	06:34	07:50	08:15	08:38	09:02	09:23	09:43	10:03	10:23	10:43	...	11:03	11:23	11:43	...	12:03
Romford Station	06:40	07:56	08:21	08:44	09:08	09:29	09:49	10:09	10:29	10:49	...	11:09	11:29	11:49	...	12:09
Romford Golden Lion	06:42	07:58	08:23	08:46	09:10	09:31	09:51	10:11	10:31	10:51	...	11:11	11:31	11:51	...	12:11
Chadwell Heath Coopers Arms	...	+	06:29	06:51	+07:13	+07:33	+07:49	08:07	08:32	+08:48	08:55	09:19	09:40	10:00	10:20	10:40	11:00	...	11:20	11:40	12:00	+12:09	12:20
Seven Kings Garage	06:15	06:35	06:57	07:19	07:39	07:59	07:55	08:13	08:38	08:54	09:01	09:25	09:46	10:06	10:26	10:46	11:06	...	11:26	11:46	12:06	12:15	12:26
Ilford Broadway	06:22	06:42	07:04	07:26	07:46	07:59	08:02	08:20	08:45	09:01	09:08	09:32	09:53	10:13	10:33	10:53	11:13	G	11:33	11:53	12:13	12:22	12:33
Forest Gate Green Street	06:31	06:51	07:13	07:35	07:55	08:11	08:29	08:54	09:10	09:17	09:41	10:02	10:22	10:42	11:02	11:22	11:32	11:42	12:02	12:22	12:31	12:42	12:51
Stratford Broadway	06:37	06:57	07:19	07:41	08:01	08:17	08:35	09:00	09:16	09:23	09:47	10:08	10:28	10:48	11:08	11:28	11:38	11:48	12:08	12:28	12:37	12:48	12:57
Bromley-by-Bow Seven Stars	\$06:44	\$07:04	07:26	07:48	08:08	08:24	08:42	09:07	09:23	09:30	09:54	10:15	10:35	10:55	11:15	11:35	11:45	11:55	12:15	12:35	12:44	12:55	13:04
Limehouse Eastern Hotel	07:34	07:56	08:16	08:32	08:50	09:15	09:31	09:38	10:02	10:23	10:43	11:03	11:23	11:43	11:53	12:03	12:23	12:43	12:52	13:03	13:13

Upminster Park Estate Waycross Rd	12:05	12:24	Then every 15 minutes until	16:54	...	17:09	Then every 15 minutes until	19:54	20:01	20:09	Then every 15 minutes until	21:39	21:55	22:10	22:24	22:42	22:59	23:14	...	23:36
Upminster Station	12:12	12:31		17:01	...	17:16		20:01	20:08	20:16		21:46	22:02	22:17	22:33	22:49	23:06	23:23	...	23:37	23:43	23:53	...
Hornchurch Garage	12:23	12:42		17:12	...	17:27		20:12	20:19	20:27		21:57	22:13	22:28	22:44	23:00	23:17	23:34	...	23:48	23:54	00:04	...
Romford Station	12:29	12:48		17:18	...	17:33		20:18	20:25	20:33		22:03	22:19	22:34	22:50	23:06	23:23	23:40	...	23:52	24:00	00:10	00:21
Romford Golden Lion	12:31	12:50		17:20	...	17:35		20:20	20:27	20:35		22:05	22:21	22:36	22:52	23:08	23:25	23:42	...	23:56	00:02	00:12	00:23
Chadwell Heath Coopers Arms	12:40	12:59		17:29	...	17:44		20:29	20:36	20:44		22:14	22:30	22:45	23:01	23:17	23:34	23:51	+12:57	00:05	00:11	00:21	00:32
Seven Kings Garage	12:46	13:05		17:35	...	17:50		20:35	20:43	20:50		22:20	22:36	22:51	23:07	23:23	23:40	23:57	00:03	00:11	00:17	00:27	00:38
Ilford Broadway	12:53	13:12		17:42	G	17:57		20:42	...	20:57		22:27	22:43	22:58	23:14	23:30	23:47	00:04	00:10	00:18	00:24	...	00:52
Forest Gate Green Street	13:02	13:21		17:51	17:59	18:06		20:51	...	21:06		22:36	22:52	23:07	23:23	23:39	23:56	00:13	00:19	00:27	00:33	...	01:01
Stratford Broadway	13:08	13:27		17:57	18:05	18:12		20:57	...	21:12		22:42	22:58	G	G	G	G	G	G	G	G	...	G
Bromley-by-Bow Seven Stars	13:15	13:34		18:04	18:12	18:19		21:04	...	21:19		22:49	23:05
Limehouse Eastern Hotel	13:23	13:42		18:12	18:20	18:27		21:12	...	21:27		22:57	23:13

†—Time at Chadwell Heath Wangey Road.
A—Time at Romford Jutsums Lane.

‡—Time at Romford North Street Garage.
§—Time at Bow Fairfield Road

G—To or from Upton Park

§—Time at Bow Fairfield Road

NOTE: No service operates on Christmas Day; a special timetable applies on Boxing Day. While every effort will be made to keep to the timetables, London Transport does not undertake that its buses will be operated in accordance with them, or at all. London Transport will not be responsible for any loss damage or inconvenience caused by reason of any operating failure or in consequence of any inaccuracies in the timetables.



Mondays to Fridays

Limehouse Eastern Hotel	0609	0619	0629	0639	0649	0659	0669	0679	0689	0699	0709	0719	0729	0739	0749	0759	0769	0779	0789	0799	0809	0819	0829	0839	0849	0859	0869	0879	0889	0899	0909	0919	0929	0939	0949	0959	0969	0979	0989	0999	1009	1019	1029	1039	1049	1059	1069	1079	1089	1099	1109	1119	1129	1139	1149	1159	1169	1179	1189	1199	1209	1219	1229	1239	1249	1259	1269	1279	1289	1299	1309	1319	1329	1339	1349	1359	1369	1379	1389	1399	1409	1419	1429	1439	1449	1459	1469	1479	1489	1499	1509	1519	1529	1539	1549	1559	1569	1579	1589	1599	1609	1619	1629	1639	1649	1659	1669	1679	1689	1699	1709	1719	1729	1739	1749	1759	1769	1779	1789	1799	1809	1819	1829	1839	1849	1859	1869	1879	1889	1899	1909	1919	1929	1939	1949	1959	1969	1979	1989	1999	2009	2019	2029	2039	2049	2059	2069	2079	2089	2099	2109	2119	2129	2139	2149	2159	2169	2179	2189	2199	2209	2219	2229	2239	2249	2259	2269	2279	2289	2299	2309	2319	2329	2339	2349	2359	2369	2379	2389	2399	2409	2419	2429	2439	2449	2459	2469	2479	2489	2499	2509	2519	2529	2539	2549	2559	2569	2579	2589	2599	2609	2619	2629	2639	2649	2659	2669	2679	2689	2699	2709	2719	2729	2739	2749	2759	2769	2779	2789	2799	2809	2819	2829	2839	2849	2859	2869	2879	2889	2899	2909	2919	2929	2939	2949	2959	2969	2979	2989	2999	3009	3019	3029	3039	3049	3059	3069	3079	3089	3099	3109	3119	3129	3139	3149	3159	3169	3179	3189	3199	3209	3219	3229	3239	3249	3259	3269	3279	3289	3299	3309	3319	3329	3339	3349	3359	3369	3379	3389	3399	3409	3419	3429	3439	3449	3459	3469	3479	3489	3499	3509	3519	3529	3539	3549	3559	3569	3579	3589	3599	3609	3619	3629	3639	3649	3659	3669	3679	3689	3699	3709	3719	3729	3739	3749	3759	3769	3779	3789	3799	3809	3819	3829	3839	3849	3859	3869	3879	3889	3899	3909	3919	3929	3939	3949	3959	3969	3979	3989	3999	4009	4019	4029	4039	4049	4059	4069	4079	4089	4099	4109	4119	4129	4139	4149	4159	4169	4179	4189	4199	4209	4219	4229	4239	4249	4259	4269	4279	4289	4299	4309	4319	4329	4339	4349	4359	4369	4379	4389	4399	4409	4419	4429	4439	4449	4459	4469	4479	4489	4499	4509	4519	4529	4539	4549	4559	4569	4579	4589	4599	4609	4619	4629	4639	4649	4659	4669	4679	4689	4699	4709	4719	4729	4739	4749	4759	4769	4779	4789	4799	4809	4819	4829	4839	4849	4859	4869	4879	4889	4899	4909	4919	4929	4939	4949	4959	4969	4979	4989	4999	5009	5019	5029	5039	5049	5059	5069	5079	5089	5099	5109	5119	5
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Timehouse Eastern Hotel	...	0640	...	0650	...	0700	...	0710	...	0855	...	0910	0913	...	0918	0925	...
Bromley-by-Bow Seven Stars	...	0649	...	0659	0704	0709	...	0719	0724	0904	0912	0919	0922	0924	0927	0934	...
Stratford Broadway	...	0656	G	0706	0711	0716	G	0726	0731	0911	0919	0926	0929	0931	0934	0941	...
Forest Gate Green Street	...	0702	0708	0713	0718	0723	0728	0733	0738	0918	0926	0933	0936	0938	0941	0948	G
Ilford Broadway	...	0711	0717	0722	0727	0732	0737	0742	0747	0927	0935	0942	G	G	0950	0957	0958
Seven Kings Garage	...	0719	0725	0730	0735	0740	0745	0750	0755	0935	0943	0950	0958	1005	1006
Chadwell Heath Coopers Arms	0718	0726	0731	0737	0741	0747	0751	0757	0801	0942	0949	0957	1004	1012	1019
Romford Golden Lion	0729	...	0741	...	0751	...	0801	...	0811	...	0959	1014	1022	1029
Romford Station	0732	...	0744	...	0754	...	0804	...	0814	...	1002	1017	1025	1032
Hornchurch Garage	0738	...	0750	...	0800	...	0810	...	0820	...	1008	1023	1031	1038
Upminster Station	0749	...	0801	...	0811	...	0821	...	0831	...	1019	1034	...	1041

Timehouse Eastern Hotel	0940	0943	...	0955	...	10	...	25	...	40	...	55	...	1455	...	1510
Bromley-by-Bow Seven Stars	...	0949	0952	...	0957	1004	12	19	27	34	42	49	57	04	1457	1504	1512
Stratford Broadway	...	0952	0956	0959	1004	1011	19	26	34	41	49	56	04	11	1504	1511	1519
Forest Gate Green Street	...	0959	1003	1006	1011	1018	26	33	41	48	56	03	11	18	1511	1518	1526
Ilford Broadway	...	G	1012	G	1020	1027	35	42	50	57	05	12	20	27	1520	1527	1535
Seven Kings Garage	1020	.	1028	1035	43	50	58	05	13	20	28	35	1528	1535	1543
Chadwell Heath Coopers Arms	...	↑1027	...	1034	↑1042	...	49	57	04	12	19	27	34	42	1534	↑1542	↑1550
Romford Golden Lion	1044	...	59	.	14	.	29	.	44	.	1544	.	1559
Romford Station	1047	...	02	.	17	...	32	...	47	...	1547	...	1602
Hornchurch Garage	1053	...	08	.	23	.	38	.	53	.	1553	.	1608
Upminster Station	1104	...	19	.	34	...	49	.	04	...	1604	.	1619

Limhouse Eastern Hotel	1525	1540	1555	1806	1819	1825
Bromley-by-Bow Seven Stars	\$1527	1534	\$1542	1549	...	\$1557	1604	\$1811	1815	\$1818	\$1824	1828	1834	\$1838	\$1846	
Stratford Broadway	1534	1541	1549	1556	...	1604	1611	1818	1822	1825	1831	1835	1841	1845	1853	
Forest Gate Green Street	1541	1548	1556	1603	...	1611	1618	1825	1829	1832	1838	1842	1848	1852	1900	
Ilford Broadway	1550	1557	1605	1612	...	1620	1627	★	1834	G	1841	1847	1851	G	1901	
Seven Kings Garage	1558	1605	1613	1620	...	1628	1635	1842	...	1849	1855	1859	...	1908	1916	
Chadwell Heath Coopers Arms.....	1604	↑1612	A1614	A1620	1619	↑1627	A1626	1634	↑1642	1848	...	1855	1901	↑1906	...	1914	1922	
Romford Golden Lion	1614	...	1620	1626	1629	...	1632	1644	...	1858	...	1905	1911	1923	1931	
Romford Station	1617	...	1623	1629	1632	...	1635	1647	...	1901	...	1908	1914	1926	1934	
Hornchurch Garage	1623	...	1629	1635	1638	...	1641	1653	...	1907	...	1914	1920	1932	1940	
Upminster Station	1634	...	1640	...	1649	1704	...	1918	...	1931	1943	...	

Line	1839	1844	1853	1859	1900	1909	1916	1922	1931	1938	1945	1952	2003
Limehouse Eastern Hotel	1839	1844	1853	1859	1900	1909	1916	1922	1931	1938	1945	1952	2003
Bromley-by-Bow Seven Stars	1839	1844	1853	1859	1900	1909	1916	1922	1931	1938	1945	1952	2003
Stratford Broadway	1839	1844	1853	1859	1900	1909	1916	1922	1931	1938	1945	1952	2003
Forest Gate Green Street	1839	1844	1853	1859	1900	1909	1916	1922	1931	1938	1945	1952	2003
Ilford Broadway	1839	1844	1853	1859	1900	1909	1916	1922	1931	1938	1945	1952	2003
Seven Kings Garage	1839	1844	1853	1859	1900	1909	1916	1922	1931	1938	1945	1952	2003
Chadwell Heath Coopers Arms	1839	1844	1853	1859	1900	1909	1916	1922	1931	1938	1945	1952	2003
Romford Golden Lion	1839	1844	1853	1859	1900	1909	1916	1922	1931	1938	1945	1952	2003
Romford Station	1839	1844	1853	1859	1900	1909	1916	1922	1931	1938	1945	1952	2003
Hornchurch Garage	1839	1844	1853	1859	1900	1909	1916	1922	1931	1938	1945	1952	2003
Upminster Station	1839	1844	1853	1859	1900	1909	1916	1922	1931	1938	1945	1952	2003

[illegible]

Saturdays

Over the section marked thus ★ buses run as follows: Bow to Chadwell Heath 5-8 minutes, Chadwell Heath to Upminster 7-8 minutes (before 0930 and evening 15 minutes).

Limehouse Eastern Hotel	0610	0634	0649	0704	0719	0734	0749	0804
Bromley-by-Bow Seven Stars	0619	0643	0658	0713	0728	0743	0758	0813
Stratford Broadway	0626	0650	0705	0720	0735	0750	0805	0820
Forest Gate Green Street	0632	0656	0711	0726	0741	0756	0811	0826
Ilford Broadway	0641	0705	0720	0735	0750	0805	0820	0835
Seven Kings Garage	0648	0712	0727	0742	0757	0812	0827	0842
Chadwell Heath Coopers Arms	0654	0719	0734	0749	0804	0819	0834	0849
Romford Golden Lion	0703
Romford Station	0706
Hornchurch Garage	0712
Upminster Station	0723
Limehouse Eastern Hotel	0819	0834	0848	0903	0918	0933	0943	Then every 15 minutes until			1713	1727	1742	1757	1812	1827	1842
Bromley-by-Bow Seven Stars	0828	0843	0857	0912	0927	0942	0952				1722	1736	1751	1806	1821	1836	1851
Stratford Broadway	0835	0850	0904	0919	0934	0949	0959				1729	1743	1758	1813	1828	1843	1858
Forest Gate Green Street	0841	0856	0911	0926	0941	0956	1006				1736	1750	1805	1820	1835	1850	1905
Ilford Broadway	0850	0905	0920	0935	0950	1005	1015				1745	1759	G	1829	1844	1859	1914
Seven Kings Garage	0857	0913	0928	0943	0958	1013	1023				1753	1807	...	1837	1852	1907	1921
Chadwell Heath Coopers Arms	†0904	†0920	†0935	0949	1004	1019	†1030				†1800	†1814	...	†1844	†1859	†1914	†1928
Romford Golden Lion	0959	1014	1029
Romford Station	1002	1017	1032
Hornchurch Garage	1008	1023	1038
Upminster Station	1019	1034	1049
Limehouse Eastern Hotel	1855	Then every 15 minutes until			2210	...	2225	...	2240	...	2255	...	2310	2325
Bromley-by-Bow Seven Stars	1904				2219	2230	2234	2243	2249	2258	2304	2314	2318	2339
Stratford Broadway	1911				2226	2237	2241	2250	2256	2305	2311	2321	2335	2346
Forest Gate Green Street	1917				2232	2243	2247	2256	2302	2311	2317	2327	2341	2352
Ilford Broadway	1926				2241	2252	2256	2306	2311	G	2324	G	2350	G
Seven Kings Garage	1933				2248	2259	2303	...	2318	...	2333	...	2357
Chadwell Heath Coopers Arms	†1940				†2255	2305	†2310	...	†2325	...	†2340	...	†0004
Romford Golden Lion	2314
Romford Station	2317
Hornchurch Garage	2323
Upminster Station	2334

Sundays (also Easter, Spring & Summer Bank Holidays)

Limehouse Eastern Hotel	0650	0716	0748	...	0800	...	1020	1039	1057	1115	...	
Bromley-by-Bow Seven Stars	0657	0723	0755	...	0808	...	1028	1047	1105	1123	...	
Stratford Broadway	G	G	G	G	G	0657	0723	G	0755	G	0815	1035	1054	1112	1130	...	
Forest Gate Green Street	0544	0559	0633	0639	0659	0703	0729	0743	0801	0816	0821	Then every 20 minutes until	1041	1100	1118	1136	...
Ilford Broadway	0553	0608	0642	0648	0708	0712	0738	0752	0810	0825	0830	1050	1109	1127	1145	...	
Seven Kings Garage	0600	0615	0649	0655	0715	0719	0735	0745	0759	0817	0832	0837	...	1057	1116	1134	1152	1157	
Chadwell Heath Coopers Arms	0606	†0622	0655	†0702	†0722	0725	†0742	0751	0805	0823	†0839	0843	...	1103	1122	1140	1158	†1204	
Romford Golden Lion	0615	...	0704	0734	...	0800	0814	0832	...	0852	...	1112	1131	1149	1207	...	
Romford Station	0617	...	0704	0736	...	0802	0816	0834	...	0854	...	1114	1133	1151	1209	...	
Hornchurch Garage	0623	...	0712	0742	...	0808	0822	0840	...	0900	...	1120	1139	1157	1215	...	
Upminster Station	0723	0753	...	0819	0833	0851	...	0911	...	1131	1150	1208	1226	...	
Upminster Park Estate Waycross Road	0840	0858	...	0918	...	1138	1157	1215	1233	...	

Limehouse Eastern Hotel	1133	Then every 15 minutes until	1818	1828	1838	1848	Then every 15 minutes until	2103	2119	2135	2151	2206	2221	2237	2252	2308	2321
Bromley-by-Bow Seven Stars	1141		1824	1834	1844	1854		2111	2127	2143	2159	2214	2229	2245	2300	2316	2329
Stratford Broadway	1148		1833	1843	1853	1903		2118	2134	2150	2206	2221	2236	2252	2307	2323	2336
Forest Gate Green Street	1154		1839	1849	1859	1909		2124	2140	2156	2212	2227	2242	2258	2313	2329	2342
Ilford Broadway	1203		1848	1858	1908	1918		2133	2149	2205	2221	2236	2251	2307	2322	2338	2351
Seven Kings Garage	1210		1855	1905	1915	1925		2140	2156	2212	2228	2243	2258	2314	2329	2345	2358
Chadwell Heath Coopers Arms	1216		1901	1911	1921	1931		2146	2202	2218	2234	2249	2304	2320	2335	†2352	0004
Romford Golden Lion	1225		1910	1920	1930	1940		2155	2211	2227	2243	2258	2313	2329	2344	...	0013
Romford Station	1227		1912	1922	1932	1942		2157	2213	2229	2245	2300	2315	2331	2346	...	0015
Hornchurch Garage	1233		1918	1928	1938	1948		2203	2219	2235	2251	2306	2321	2337	2352
Upminster Station	1244		1929	1939	1949	1959		2214	2230	2246	2302	2317	2332	2348	0003
Upminster Park Estate Waycross Road	1251		1936	1946	1956	2006		2221	2237	2253	2309	2324

§—Time at Bow Fairfield Road

†—Time at Chadwell Heath Wangey Road.

‡—Time at Romford North Street Garage.

A—Time at Romford Jutsums Lane.

G—To or from Upton Park.

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